

Domestic Abuse - information sources and helplines (UK)

DOMESTIC VIOLENCE HELPLINE

0808 2000 247

National :

<http://www.nationaldomesticviolencehelpline.org.uk/>

<https://www.womensaid.org.uk/>

[Womensaid Domestic Abuse Directory](#) for local support contact details

<https://www.refuge.org.uk/>

<https://freedomprogramme.co.uk/> Domestic abuse programme for both men and women, can be worked through as a couple. Online available from website.

Mens advice line : 0808 801 0327, Mankind <https://www.mankind.org.uk/> 01823 334244

The Mix (under 25s) : 0808 808 4994

National LGBT+ Helpline : 0800 999 5428

Live Free from Fear : 0808 8010 800

Samaritans : 116 123